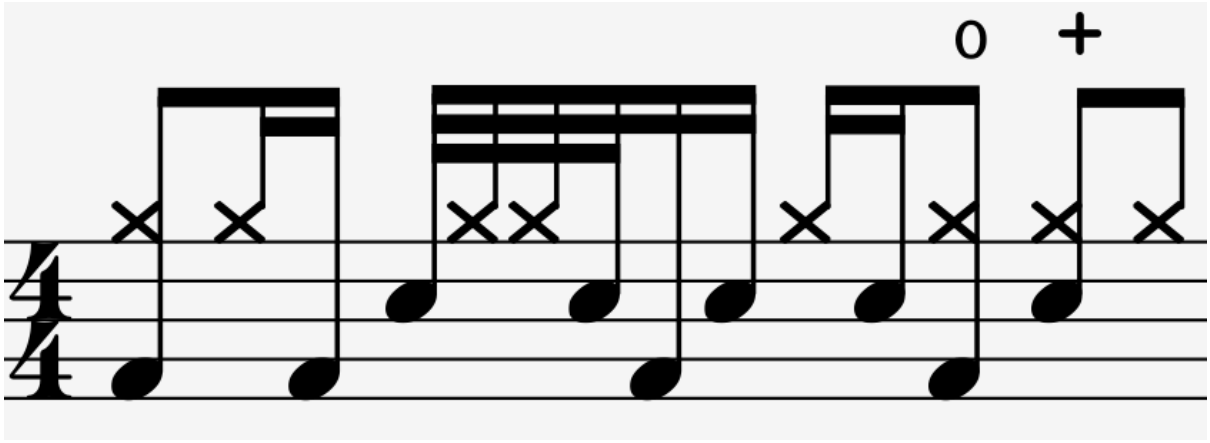GROOVE SEASONING #3